

CLAIMS

1. A method for setting heart rate limits in an exercise, including:
inputting a heart rate limit for the exercise;
measuring the user's heart rate during the exercise;
5 changing the heart rate limit during the exercise on the basis of a
predetermined change criterion associated with the exercise.
2. A method according to claim 1, wherein one or more of the follow-
ing are used as the predetermined change criterion: exercise duration, user's
stress level, heart rate during exercise, momentary energy consumption, cu-
10 mulative energy consumption.
3. A method according to claim 1, wherein the heart rate limit is
changed on the basis of a predetermined change function.
4. A method according to claim 3, wherein the predetermined
change function is a linear model, an exponential model or a quadratic curve.
- 15 5. A method according to claim 1, further including:
determining a lower heart rate limit and an upper heart rate limit for
the exercise;
carrying out heart rate monitoring by monitoring that the heart rate
remains within a heart rate zone that is above the lower heart rate limit and
20 below the upper heart rate limit;
carrying out the changing of the heart rate by changing the extent of
the heart rate zone between the lower and the upper limit.
6. A method according to claim 5, further including:
carrying out the changing of the heart rate by reducing the extent of
25 the heart rate zone between the lower and the upper limit as the heart rate
level rises.
7. A method according to claim 1, further including:
inputting lower heart rate limit, target heart rate and exercise dura-
tion to serve as initial exercise data;
30 raising the heart rate limit at predetermined intervals during the ex-
ercise to allow the target heart rate to be achieved.
8. An arrangement for measuring heart rate, including:
means for inputting a heart rate limit for an exercise;
means for measuring the user's heart rate during the exercise;

means for changing the heart rate limit during the exercise on the basis of a predetermined change criterion associated with the exercise.

9. An arrangement according to claim 8, the arrangement further including:

5 means for measuring the duration of the exercise; and wherein the duration of the exercise serves as the predetermined change criterion.

10. An arrangement according to claim 8, the arrangement further including:

10 means for estimating the user's stress level; and wherein the user's stress level serves as the predetermined change criterion.

11. An arrangement according to claim 8, wherein the heart rate during the exercise or a heart rate variable derived from the heart rate serves as the predetermined change criterion.

15 12. An arrangement according to claim 8, the arrangement further including:

means for estimating the user's energy consumption; and wherein the energy consumption during the exercise serves as the predetermined change criterion.

20 13. An arrangement according to claim 8, wherein the changing means are configured to change the heart rate limit in accordance with a predetermined change function.

25 14. An arrangement according to claim 13, wherein the predetermined change function is a linear model, an exponential model or a quadratic curve.

15. An arrangement according to claim 8, wherein the inputting means are configured to receive as input data a lower heart rate limit, the heart rate zone above which limit is the zone where the heart rate is to be kept, and an upper heart rate limit, the heart zone below which limit is the zone where the heart rate is to be kept ;

the changing means are configured to change the extent of the heart rate zone between the lower and the upper limit.

30 16. An arrangement according to claim 15, wherein the changing means are configured to change the extent of the heart rate zone between the lower and the upper limit on the basis of a change criterion.

17. An arrangement according to claim 8, wherein
the inputting means are configured to receive the lower heart rate
limit, the target heart rate, and the duration of the exercise as input data for the
exercise; and

5 the changing means are configured to raise the heart rate limit during the exercise at predetermined intervals to allow the target heart rate to be achieved.